Trampolines

Assembly Manual

This manual contains assembly instructions & the parts required for each trampoline

PLEASE NOTE: Basketball hoop and skirt are for display purposes only and are optional extras

ATTENTION

SAFETY INFORMATION, INSTALLATION, CARE & MAINTAINENCE INSTRUCTIONS.

MUST READ PRIOR TO ASSEMBLING & USING TRAMPOLINE

Before you begin to use this trampoline, be sure to read all the information in this manual.

Just like any other type of physical recreational activity. Participants can be injured. To reduce the risk of injury you must be sure to follow appropriate safety rules and tips.

- Misuse and abuse of this trampoline is dangerous and can cause serious injury!
- Trampoline, being a rebounding device, propels the performer at unaccustomed heights.
- Always inspect the trampoline before each use.
- Proper assembly, care and maintenance of product, safety tips, warnings, and proper techniques in jumping and bouncing are all included in this manual. All users and supervisors must read and familiarize themselves with these instructions. Anybody who chooses to use this trampoline must be aware of their own limitations in regards to performing various jumps and bounces with this trampoline.
- Please consult your doctor if anyone has any Health issues prior to using this trampoline.
- **IMPORTANT**: Trampoline **MUST** be set up on level grassed area only. Trampoline **MUST NOT** be assembled on concrete or any other hard surfaces!
- **IMPORTANT**: Adequate clearance must be available before you assemble your trampoline. Minimum 7.3 metres overhead and 2 metres surrounding trampoline.
- **IMPORTANT**: Trampoline must set up in a well - lit area.
- **Must** refrain from wearing loose clothing or jewellery which may get caught in the safety net if you fall, Shoes which may damage the bounce mat.
- **IMPORTANT:** Any child younger than **5 YEARS OLD MUST NOT** be left alone on the trampoline**. They MUST be SUPERVISED AT ALL TIMES.**

INFORMATION ON USE OF THE TRAMPOLINE

Initially, you should get accustomed to feel and bounce of the trampoline. The focus must be on the fundamentals of your body position an you should practice each bounce (the basic bounces) until you can do each skill with ease and control.

To brake a bounce, all you need to do is flex your knees sharply before they come in contact with the mat of the trampoline! This technique should be practiced while you are learning each of the basic bounces. The skill of braking should be used whenever you lose balance or control of previous manoeuvre, or if you are just learning how to jump on a trampoline. If you do, you will increase your risk of getting injured by landing on the frame, springs, or off the trampoline completely because you might lose control of your jump. A controlled jump is considered landing on the same spot that you took off from. If you do lose control when you are jumping on the trampoline, bend your knees sharply when you land and this will allow you to regain control and stop your jump.

Somersaults (Flips): DO NOT Perform Somersaults of any type (backwards or forwards) on this trampoline. If you make a mistake when trying to perform a somersault, you could land on our head or neck. This will increase your chances of getting your neck or back broken, which will result in death or paralysis.

Foreign Objects: DO NOT use the trampoline if there are pets, other people, or any objects underneath the trampoline. This will increase the chances of an injury occurring. DO NOT hold any foreign objects in your hand and DO NOT place any objects on the trampoline while anyone is playing on it. Please be aware of what is overhead when you are playing on the trampoline. Tree limbs, wires, or other objects located over the trampoline will increase your chances of getting injured.

Poor Maintenance of Trampoline: A trampoline in poor condition will increase your risk of getting injured. Please inspect the trampoline before each use for bent steel tubes, torn mat loose or broken springs. Also check the overall stability of the trampoline.

Weather Conditions: Please be aware of the weather conditions when using the trampoline. If the mat of the trampoline is wet, the jumper could slip and injure themselves. If it is too windy, jumpers could lose control.

***Limit Access**:* When the trampoline is not in use, always store the access ladder in a secure place so that unsupervised children cannot play on the trampoline.

TIPS TO REDUCE THE RISK ACCIDENTS

Jumper's role in accident prevention the key here is to stay in control of your jumps. DO NOT move onto more complicated, more difficult manoeuvres until you have mastered the basic, fundamental bounce. Education is also key to safety and very important. Read, understand, and practice all safety precautions and warnings prior to using the trampoline. A controlled jump is when you land and take off from the same location. For additional safety tips and instructions, contact a certified trampoline instructor.

Supervisor's Role in Accident Prevention

Supervisor you to need to understand and enforce all safety rules and guidelines! It is the responsiblity of supervisor to provide knowledgeable advice and guidance to all jumpers of the trampoline! If supervision is unavailable or inadequate, the trampoline could be stored in a secure place, disassembled to prevent unauthorized use, or covered with a heavy tarpaulin that can be locked or secured with lock or chains. The supervisor is also responsible to ensure that the safety placard is placed on the trampoline and that jumpers are informed of these warnings and instructions.

TRAMPOLINE SAFETY INSTRUCTIONS

JUMPERS:

- Do not use trampoline if you have consumed alcohol or any drugs
- Remove all hard sharp objects from person before using trampoline
- You should climb on and off in a controlled and careful manner. Never jump in or off the trampoline and never use the trampoline as a device to bounce onto or into another object.
- Always learn the basic bounce and master each type of bounce before trying more difficult types of bounces. Review the basic skills section to learn how to do the basics.
- To stop your bounce, flex your knees when you land on mar with your feet
- Always be in control when you are bouncing on the trampoline. A controlled jump is when you land at the same spot that you took off from. If at any time you feel out of control, try to stop your bouncing.
- Do not jump or bounce for prolonged periods of time or too high for a number of jumps
- Keep your eyes focused on the trampoline. This will help control your bounce. If you do not, you could lose balance or control
- Never have more than 1 person on the trampoline at any one time! **THE RISK OF INJURY INCREASES WHEN MORE THAN ONE PERSON IS ON THE TRAMPOLINE!!!!**
- Always have a supervisor watching you when you are on the trampoline
- Clothing should allow plenty of body movement without flapping loosely and becoming a distraction to the jumper. Wear clothing free of drawstrings, hooks, loops or anything that could get caught while using this trampoline and result in entanglement or strangulation. Buckles, jewellery and belts should not be worn as these may damage the trampoline mat or cause injury to the jumper if they become caught in the fabric of the trampoline.
- Adults should set a good example for the safe use of the trampoline when children are present.
- **DO NOT** use the trampoline as a springboard to other objects! Use the trampoline only for trampoline style bouncing.
- It is advisable not to bounce immediately after a meal

SUPERVISORS: Educate yourself with the basic jumps and safety rules. To prevent and reduce the risk of injuries, enforce all safety rules and ensure that new jumpers learn the basic bounces before trying more difficult and advanced jumps

- All jumpers need to be supervised, regardless of skill level or age
- Never use the trampoline when it is wet, damaged, dirty, or worn out. The trampoline should be inspected before any jumpers start bouncing on it.
- Keep all objects that could interfere with the jumper away from the trampoline. Be aware of what is overhead, underneath, and around the trampoline.
- To prevent unsupervised and unauthorized use, the trampoline should be secured when not in use.

Always consult a physician before performing any kind of physical activity.

ASSEMBLY INSTRUCTIONS

Please note: You will need 2 or 3 people to set up the trampoline

- We would suggest setting aside 1 – 3 hours for assembly

- You will need an adjustable wrench/spanner to hold one of the Safety Netting screws in place whilst it is tightened.

All other parts are included in the Trampoline Kit.

IMPORTANT

Please read the assembly instructions before beginning to assemble the product.

PROCESS OF ASSEMBLY

Please refer to the page below for part descriptions and quantity required for each size trampoline. Make sure that you have all parts listed. If you are missing any parts, please email info@yetitrampolines.com.au

IMPORTANT: To prevent injuries to your hands from pinch points during assembly, please use gloves.

Trampoline Box Contents

Sizes 8ft & 10ft come in two boxes (1 for trampoline + 1 for Safety Net Enclosure)

Sizes 12ft, 14ft & 16ft come in three boxes (2 for trampoline + 1 for Safety Net Enclosure)

Part No	**Description Trampoline Parts**	**8ft**	**10ft**	**12ft**	**14ft**	**16ft**
1	Base Legs (W Shape)	3	4	4	4	6
2	Leg Extension / Upright Tube	6	8	8	8	12
3	T Piece (Connect Tube)	6	8	8	8	12
4	Trampoline Frame (U Shape)	6	8	8	8	12
5	Bounce Mat (Triangles Attached)	1	1	1	1	1
6	Springs	48	64	80	88	108
7	Safety Padding	1	1	1	1	1
8	Instruction Manual	1	1	1	1	1
9	Safety Instruction Placard(attached to Safety Net)	1	1	1	1	1
Part No	**Description Safety Net Parts**	**8ft**	**10ft**	**12ft**	**14ft**	**16ft**
10	Safety Net	1	1	1	1	1
11	Safety Net Sleeves	6	8	8	8	12
12	Safety Net Top Caps	6	8	8	8	12
13	Enclosure Pole – Base Piece	6	8	8	8	12
14	Enclosure Poles - Upper	6	8	8	8	12
15	Enclosure Poles - Lower	6	8	8	8	12
16	Fibreglass poles for Upper Safety Net	12	16	16	16	24
17	Foam Covers for Enclosure Poles	12	16	16	16	24
18	Safety Enclosure Sleeves	6	8	8	8	12
19	Safety Net Clamp Pack	1	1	1	1	1
20	Ladder	1	1	1	1	1

REMEMBER TO USE GLOVES DURING ASSEMBLY TO AVOID PINCHING IT WILL REQUIRE AT LEAST TWO PEOPLE TO ASSEMBLE THE TRAMPOLINE

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FRAME ASSEMBLY

WARNING

If you move the trampoline you must use a minimum of 2 people. Make sure the ground is level at the set up location otherwise the tension of the springs might deform the frame.

We Recommend: That the Trampoline **MUST** be set up on grassed area only. Not suitable on concrete or other hard surfaces.

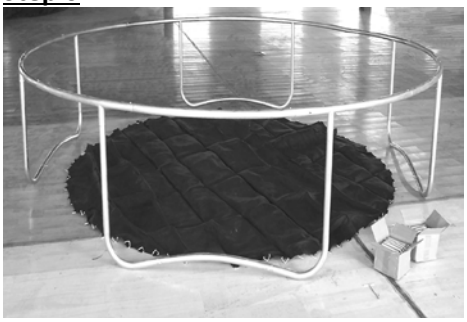
WARNING: 2-3 adults in good physical condition are required for the following assembly. You **MUST** wear closed in shoes and gloves. Make sure area around assembly area is clear of any hazards which may cause a fall or loss of balance. Failure to follow all instructions and warnings exactly may result in serious injury.

<table>
<tr>
<td><u>Step 1</u>

Lay out all trampoline parts in groups (as shown in picture). Check, prior to assembly, that all parts are complete according to the parts list.
(Picture is used for display purposes only)</td>
<td><u>Step 2</u>

Insert the Leg Extension (Upright Tube) into the Base Leg (W - tubes) as shown in the picture.</td>
<td>
<u>Step3</u>
Place the top rails with the spring slits facing upward and connect them with the T-tube connectors as shown.</td>
</tr>
<tr>
<td><u>Step4</u>

Joining the last link may require two adults with a third person holding the opposite side. Bring both sides of the circle firmly together. Please compare your result with the above picture.</td>
<td><u>Step 5</u>

Lift up the frame on one side and insert T-Tube into W-shaped / base leg underneath. Repeat this step around the circumference of the trampoline. Note: 2 or more persons are required to lift the frame on the opposite side.</td>
<td><u>Step 6</u>
 
Lay the jumping mat inside the frame as per picture above</td>
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Attaching the Bounce Mat and Springs

Important: When adding the springs you must ensure you prepare first otherwise it is difficult (or impossible) to get all the springs connected evenly. Count the Triangles on the bounce mat to ensure they are the same number as the holes in the trampoline frame. Check the (springs) part list above to see how many triangles / frame holes you should have for your trampoline.

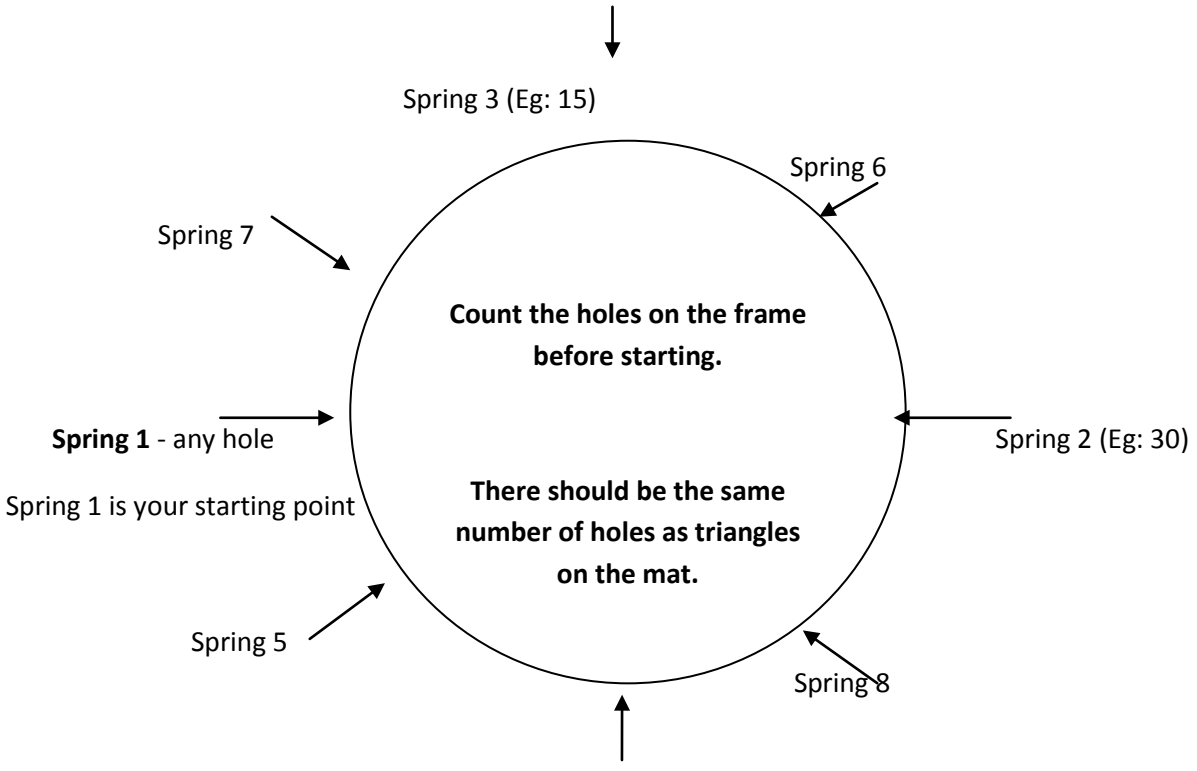
GLOVES MUST BE WORN FOR THIS PART OF THE INSTALLATION

Important: You **MUST** insert spring into the triangle on the mat 1st and then pull the mat & spring to the trampoline frame. **GLOVES MUST BE WORN FOR THIS PART OF THE INSTALLATION**

1. As the below instructions detail – you need to make a cross section with the initial springs. This is to ensure the mat is attached evenly to the frame
2. To start this process place one spring in any triangle on the bounce mat. (diagram below)
   HINT: Put a ribbon or tie through the 1st triangle on the mat to make it easier to count the holes! You can also do this to work out an even cross section of the trampoline & bounce mat before you attach the mat to the trampoline.
3. Insert the 1st spring (attached to the mat) into the corresponding hole in the trampoline frame with the spring tool provided.
4. Then count all the holes on the trampoline to find halfway. **See Hint**
5. Then place another spring exactly half way around in the triangle on the bounce mat & insert 2nd spring (attached to mat) into the corresponding hole on the trampoline frame
   - **Example:** (60 Triangles/holes = place the next spring 30 triangle/holes around).
6. To complete the cross section - Place another spring half way in between the two you have
   - **Example:** (60 Triangle/holes: half was 30: half again is 15) Insert these two springs (attached to mat) into the corresponding holes on the trampoline.
   - **Now you have your cross section complete.** Count the remaining empty Triangles/holes between each attached spring are the same amount

   NOTE: Once you have attached the springs to the frame you don't count them again. Only count empty triangles & holes making sure that the triangle/holes remaining between each attached spring are the same.
7. Continue to work in this manner. Mirroring each spring placement with the opposite spring 180 degrees across from it until all springs have been attached

By working in this manner it should be easy to pull the springs into place.

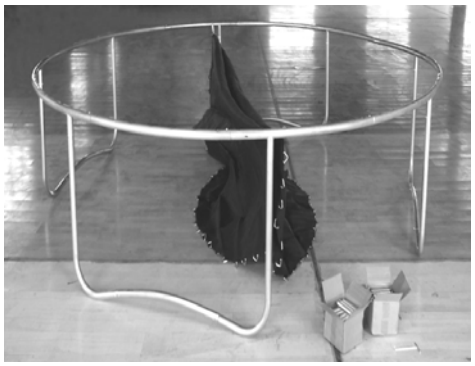

Spring 3 (Eg: 15)
Spring 6
Spring 7
Count the holes on the frame before starting.
Spring 1 - any hole
Spring 2 (Eg: 30)
Spring 1 is your starting point
There should be the same number of holes as triangles on the mat.
Spring 5
Spring 8

IMPORTANT: Spring **MUST** be attached to the Bounce Mat triangle before you pull towards the frame!

1. Place a spring in the triangle of the bounce mat
2. Place the claw of the tool into the other end/hook of the spring.
3. Hold the tool with the "T' section
4. Pull spring and mat toward the frame and insert into corresponding hole in the frame.

HINT: If the spring tool is missing you can use one of the springs to do the same thing.

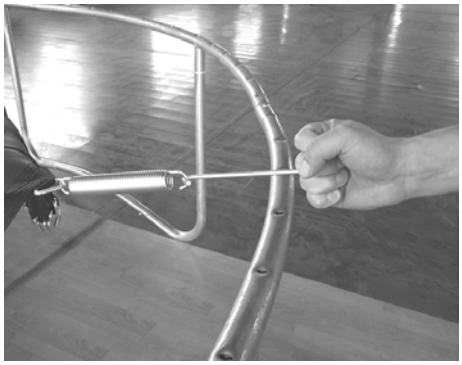
Step7



Attach a spring into one of the triangles on the bounce mat and insert the 1st spring into the 1st hole of the frame. This is your starting point!

NOTE: Spring **MUST** be attached to the mat at all times before you insert spring into the frame.

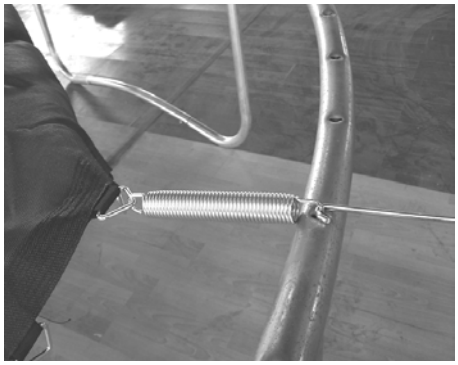
Step 8



NOTE: In order to attach the springs securely, use the provided tool and proceed as shown in diagram above

NOTE: Don't forget to count your triangles & frame holes correspond

Step 9



WARNING: Trampoline is under heavy tension, more effort may be required to attach the springs to the frame. Be careful not to pinch fingers or slip. Serious injury may occur!

IMPORTANT: USE GLOVES

Step 10

Note: In order to attach the springs securely, use the provided tool and proceed as shown in Step 8 and 9.

NOTE: Don't forget to count your triangles & frame holes correspond

Step 11

Attach the remaining springs around the circumference of the trampoline. This might require some more effort. Proceed as shown in the picture.

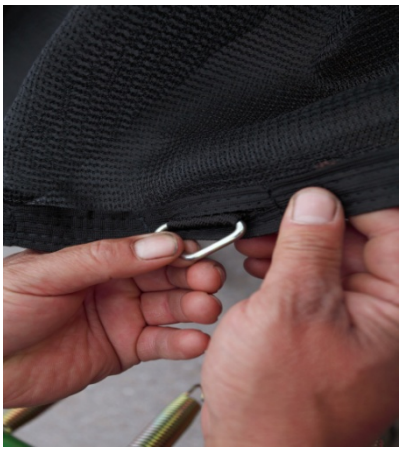
Step 12

When you have completed attaching the bounce mat your trampoline should look like the picture above.

IMPORTANT: Trampoline must be at a 90º angle.

ATTACHING THE SAFETY NET

- Lay the safety net onto the trampoline with the bottom of the safety net adjacent to the springs of the bounce mat.
- You will need to thread a V-Ring of the bounce mat through the holes at the bottom of the safety net.



- Continue this until all V-Rings have been inserted into the safety net holes.

How to attach the safety net enclosure to trampoline frame!

Insert Fibreglass Poles into the top of the safety net

Open the Velcro & insert the fibreglass pole (one on each side of the opening). You can join the ends on the other side of the net. Make sure pieces are joined making one piece. Close Velcro.

Attach safety net base piece to trampoline frame (as per picture below)

Attach foam & insert lower safety net pole (below) into the Upper safety Net pole

Attach foam & insert upper safety net pole (below) into lower safety net pole

Slide Black PVC cover over Safety Net Enclosure Pole

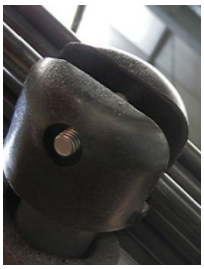
Attach frame padding as per picture below.

Insert Completed Enclosure poles into the enclosure base piece.

Once you have completed this part it should look like the picture below.

Insert Top of safety net (fibreglass) into top cap of upper enclosure pole (As per picture below)

When you have completed all poles you will need to attach the screws so the upper part of the safety net does not come loose.



The finished product should look like this

PLEASE NOTE: Basketball hoop and skirt are for display purposes only and are optional extras

ATTENTION

More information in the safe us of this trampoline!

Do not bounce on the trampoline for extended periods of time because fatigue can increase your chances of becoming injured.

Bounce for a brief period of time and then allow others to join in on the fun! Never have more than one person bouncing on the trampoline. This will increase your chances of getting injured. Jumpers should wear t-shirt, shorts or sweats, and regulation gymnastics shoes, heavy socks, or be barefoot. If you are just beginning, you may want to wear long sleeve shirts and pants to protect against scrapes and abrasions until you master correct landing positions and form.

Do not wear hard sole shoes, such as tennis shoes, on the trampoline as this will cause excessive wear on the mat material. You should always mount and dismount properly in order to avoid injury. To mount properly, you should place your hand on the frame and either step or roll up onto the frame, over the springs, and onto the trampoline mat. You should always remember to place your hands onto the frame while mounting or dismounting.

Do not step directly onto the frame pad or grasp the frame pad. To dismount properly, move over to the side of the trampoline and place your hand onto the frame as a support and step from the mat to the ground. Smaller children should be assisted when mounting and dismounting the trampoline.

Do not bounce recklessly on the trampoline since trampoline is about control and mastering the various bounces. Never try to out-bounce another bouncer in terms of height! Never use the trampoline alone without supervision.

ACCIDENT CLASSIFICATION

Mounting and Dismounting: Be very careful when getting on and off the trampoline.

- **DO NOT** mount the trampoline by grabbing the frame pad, stepping onto the springs, or by jumping onto the mat of the trampoline from any object (deck, roof, or ladder). This will increase your chances of getting injured!
- **DO NOT** dismount by jumping off the trampoline and landing on the ground, regardless of the makeup of the ground. If small children are playing on the trampoline, they may need help in mounting and dismounting.

Use of Alcohol or Drugs:

- **DO NOT** consume any alcohol or drugs when using this trampoline! This will increase your chances of getting injured since these foreign substances will impair judgements, reaction time, and overall physical coordination.

Multiple Jumpers:

- If you have multiple jumpers (more than one person on the trampoline at any one time), you increase the chance of getting injured. Injuries could occur when you fly off the trampoline, lose control, collide with the other jumper(s), or land on the springs. Generally, the lightest person on the trampoline will get injured. Striking the frame or springs: When playing on the trampoline, stay in the centre of the mat. This will reduce your risk of getting injured by landing on the frame or springs. Always keep the frame pad covering the frame /springs of the trampoline!

- **DO NOT** jump or step onto the frame pad directly since it was not intended to support the weight of one person.

Loss of Control:

- DO NOT try difficult manoeuvres, of any manoeuvres until you have mastered the previous manoeuvre, or if you are just learning how to jump on a trampoline. If you do, you will increase your risk of getting injured by landing on the frame, springs, or off the trampoline completely because you might lose control of your jump. A controlled jump is considered landing on the same spot that you took off from. If you do lose control when you are jumping on the trampoline, bend your knees sharply when you land and this will allow you to regain control and stop your jump. Somersaults (Flips): DO NOT PERFORM somersaults of any type (backwards or forwards) on this trampoline. If you make a mistake when trying to perform a somersault, you could land on your back or neck. This will increase your chances of getting your neck or back broken, which will result in death or paralysis.

Foreign Objects:

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TRAMPOLINE PLACEMENT

The minimum overhead clearance required is 24 feet (7.3 meters). In terms of horizontal

Clearance! Please ensure that no hazardous objects are near the trampoline such as tree limbs, electrical power wiring, walls, fences, etc. For safe use of the trampoline, please be aware of the following when selecting a place for your trampoline:

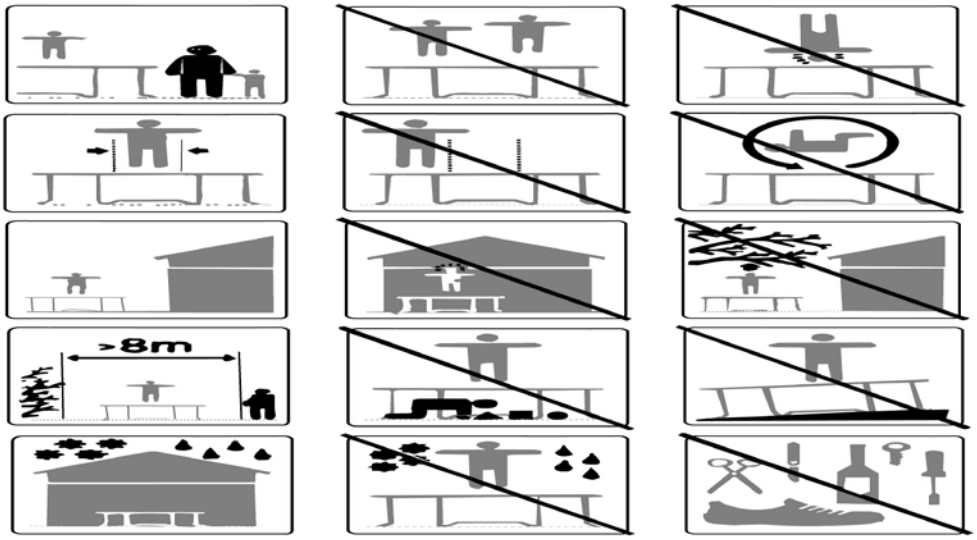
1. Make sure it is placed on a level surface. (Grassed area is the best place to set up your trampoline).

DO NOT SET UP YOUR TRAMPOLINE ON CONCRETE OR TILED SURFACES

2. The area is well-lit

3. There are no obstructions beneath the trampoline

If you do not follow these guidelines, you increase the risk of someone getting injured.



LESSON PLAN

The following lessons are suggested in order to learn basic steps and bounces before moving onto more difficult, complicated bounces. Before actually getting on and using the trampoline, you should read and understand all safety instructions. A complete discussion and demonstration of body mechanics and trampoline guidelines should occur between the supervisor and student as well.

Lesson 1

A. Mounting and Dismounting – Demonstration of proper techniques

B. The Basic Bounce- Demonstration and practice

C. Braking (Check the Bounce)-Demonstration and practice. Learn to brake on command

D. Hands and knees-Demonstration and practice .Stress should be on four-point landing and alignment

Lesson 2

A Review and practice of techniques learned in Lesson 1

B Knee Bounce –Demonstration and practice .Learn the basic down to knee and back up before trying half twist to left and right

C Seat bounce –Demonstration and practice. Learn basic seat bounce then add a knee bounce, hands and knees; repeat

Lesson 3

A. Review and practice skills and techniques learned in previous lessons

B. Front Drop-To avoid mat burns and teach the front bounce position, all students should be requested to assume the prone position (face down on the ground) while the instructor checks for faulty positions that could cause injury.

C. Start with a hands and knees bounce and then extend body into prone position, land on the mat and return to feet

D. Practice Routine-Hands and knees Bounce, Front Bounce, back to feet, seat bounce, back to feet

Lesson 4

A. Review and practice skill and techniques learned in previous lessons

B. Half-Turn

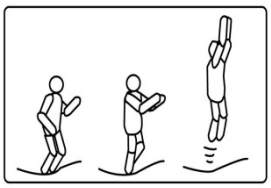
Start from front drop position and as you make contact with the mat, push off with arms in either the right or left direction turning head and shoulders in same direction. During turn, be sure to keep back parallel to mat and head up.

After completing turn, land in front drop position

After completing this lesson, the student now has a basic foundation of trampoline bounces. Jumpers should be encouraged to try and develop their own routines with the emphasis on control and form

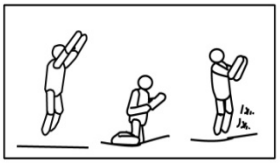
BASIC TRAMPOLINE BOUNCES

THE BASIC BOUNCE



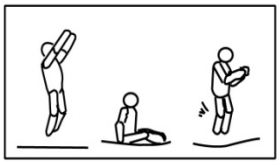
1. Start from standing position, feet shoulder width apart and with bead up and eyes on mat
2. Swing arms forward and up and around in a circular motion
3. Bring feet together while in mid-air and point toes downward
4. Keep feet shoulder width apart when landing on mat.

KNEE BOUNCE



1. Land in a flat sitting position.
2. Place hands on mat besides hips
3. Return to erect position by pushing with hands.

SEAT BOUNCE



1. Start with front bounce position
2. Land in prone (face down)
3. Position and keep hand and arms extended forward on mat
4. Push off the mat with arms to return to standing position

FRONT BOUNCE

1. Start with front bounce position
2. Push off with left or right hands and arms (depending on which way you wish to turn)
3. Maintain head and shoulders in the same direction and keep back parallel to mat and head up
4. Land in prone position by return to standing position by pushing up with hands and arms

180 DEGREE BOUNCE